

Grief Journeys Support Group

Grief Journeys through Parent Loss

The Grief Journeys Support Group

This is an 8 - session Grief Support and Activity Group.

The death of a loved one can leave us feeling alone, confused, and isolated. Finding ways to explore your grief and how it may be affecting you can be very healing.

Please join us if you would like a supportive group setting designed with activities to help you process your grief.

Before participating in our grief support services, we ask that you attend an informational interview with a Grief Support Provider. Enrollment is limited, please call our Grief Support Center at (925) 829-8770 or (510) 439-4917 to schedule your appointment.

The Grief Journeys Support Group – Parent Loss will meet Wednesday nights.

February 8, February 15,
February 22, February 29, March 7,
March 14, March 21, March 28

Time: 7:00 p.m. – 8:30 p.m.

Free to Family Members of Former
Hope Hospice Patients

*Community Member Subsidized Fee:
\$40 for all 8 weeks. (Hardship
Scholarships Available)*

Program Highlights:

- Sharing our stories
- Models of the grieving process
- Myths and realities of Grief and Loss
- Expressions of Grief
- Coping with loneliness, depression, sadness, guilt, and anger
- Exploring memories
- Various activities designed to educate and heal
- Discovering hope, finding meaning and feeling better/coping

Additional Grief Support Services for Adults, Teens and Children:

- Transitions Support Group
- Tragic Loss Support Group
- Individualized Grief Support
- On-Site Support for Schools, Youth Organizations & the Workplace
- Community Support Services
- Resource Library
- Annual Memorial Service
- Volunteer Training

The Hope Hospice Grief Support Center relies on community support. Donations and program sponsorships are needed and are always gratefully accepted. Our resource library and on-going grief support groups are available to the entire community, without fee.